

DOES MY DIET HAVE AN IMPACT ON MY WELLBEING & ON THE PLANET?

Fore dayroom

Thu 8 February 2024

8 - 9 PM



What are the benefits of eating well?





**How much do you
actually know
about eating well
and nutrition?**

Let's play!

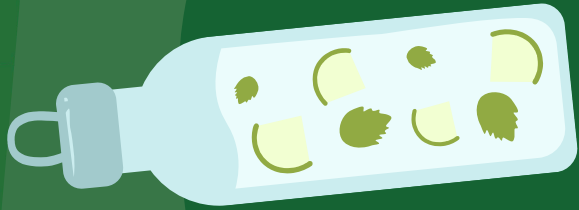
Kahoot

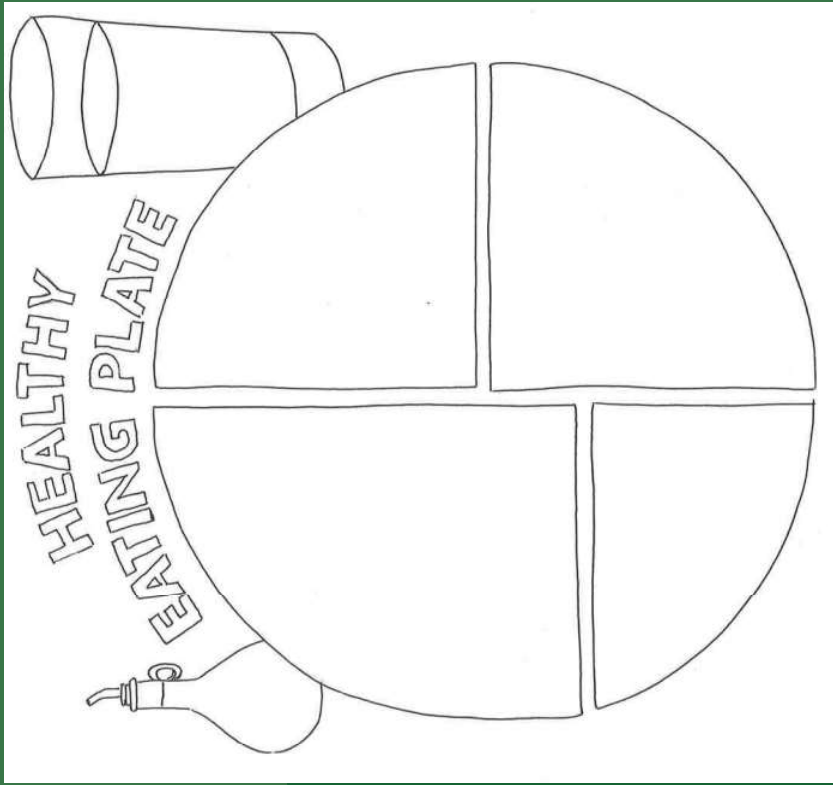
Game pin: 05279854





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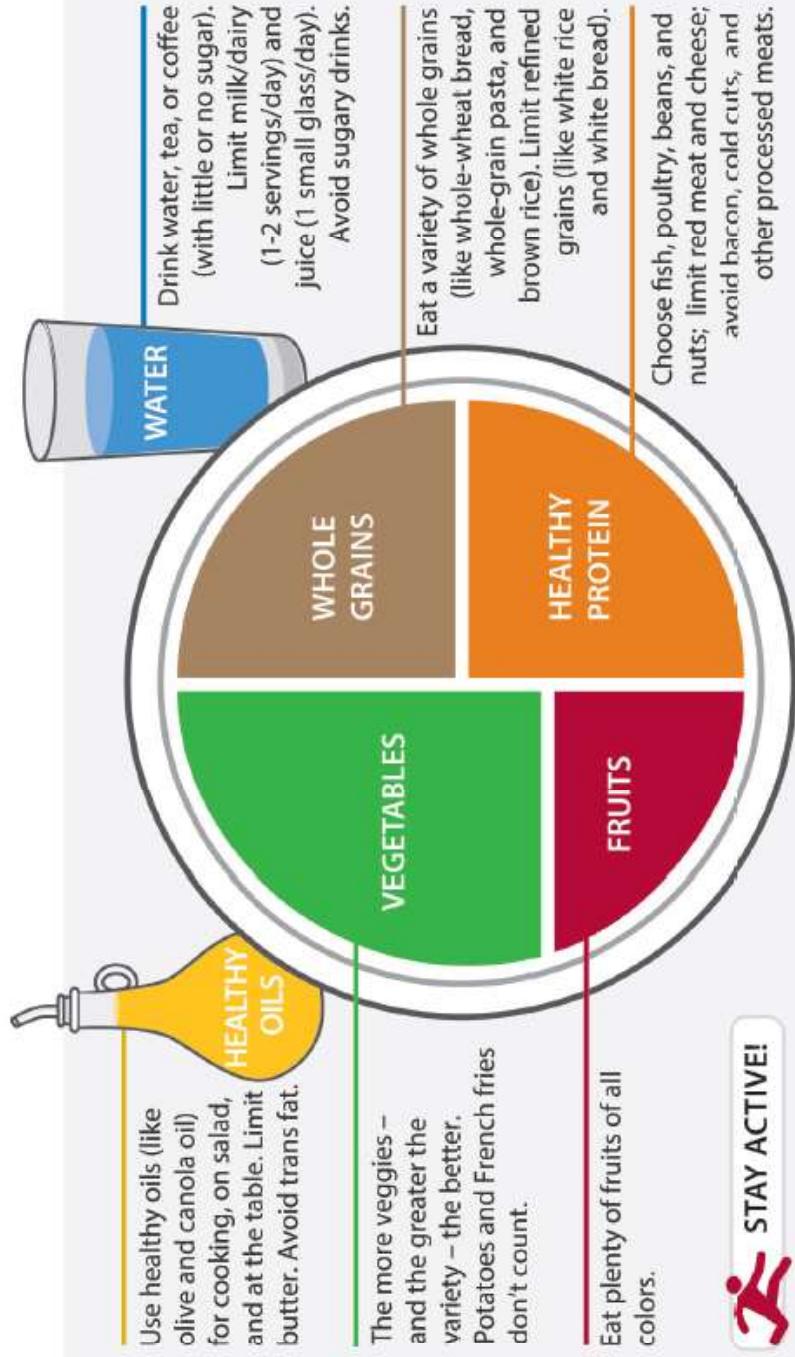


Can you fill in the plate with the right nutrients?

- water
- oils
- whole grains
- fruits
- vegetables
- healthy protein



HEALTHY EATING PLATE



STAY ACTIVE!

© Harvard University

Source: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

healthy eating

TARGETS FOR A PLANETARY HEALTH DIET:

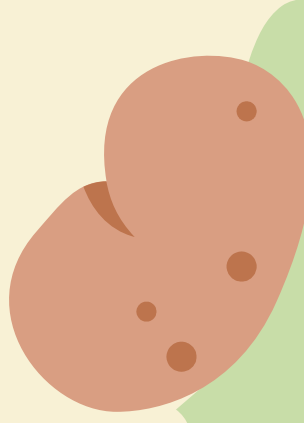
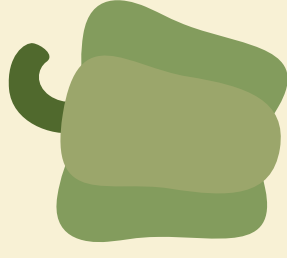
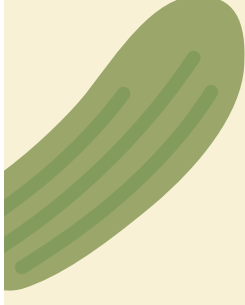
The table below features scientific targets for a planetary health diet, with possible ranges, for an intake of 2500 kcal/day.³ On the left these targets are visualized on a plate, where half is filled with fruits and vegetables (starchy vegetables like potatoes are limited), and the other half primarily whole grains and plant-based protein foods, with unsaturated oils and modest amounts of animal-based protein foods, if any. Look familiar? This guidance is closely aligned with Harvard's Healthy Eating Plate!



	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains	232	811
Rice, wheat, corn and other		
Tubers or starchy vegetables Potatoes and cassava	50 (0–100)	39
Vegetables	300 (200–600)	78
All vegetables		
Fruits	200 (100–300)	126
All fruits		
Dairy foods	250 (0–500)	153
Whole milk or equivalents		
Protein sources		
Beef, lamb and pork	14 (0–28)	30
Chicken and other poultry	29 (0–58)	62
Eggs	13 (0–25)	19
Fish	28 (0–100)	40
Legumes	75 (0–100)	284
Nuts	50 (0–75)	291
Added fats	40 (20–80)	354
Unsaturated oils	11.8 (0–11.8)	96
Saturated oils		
Added sugars	31 (0–31)	120
All sugars		

Graphics source: Summary Report of the EAT–Lancet Commission, 2019

THE DIET THAT HELPS FIGHT CLIMATE CHANGE



What is the main idea of the video?

REDUCE YOUR MEAT CONSUMPTION!

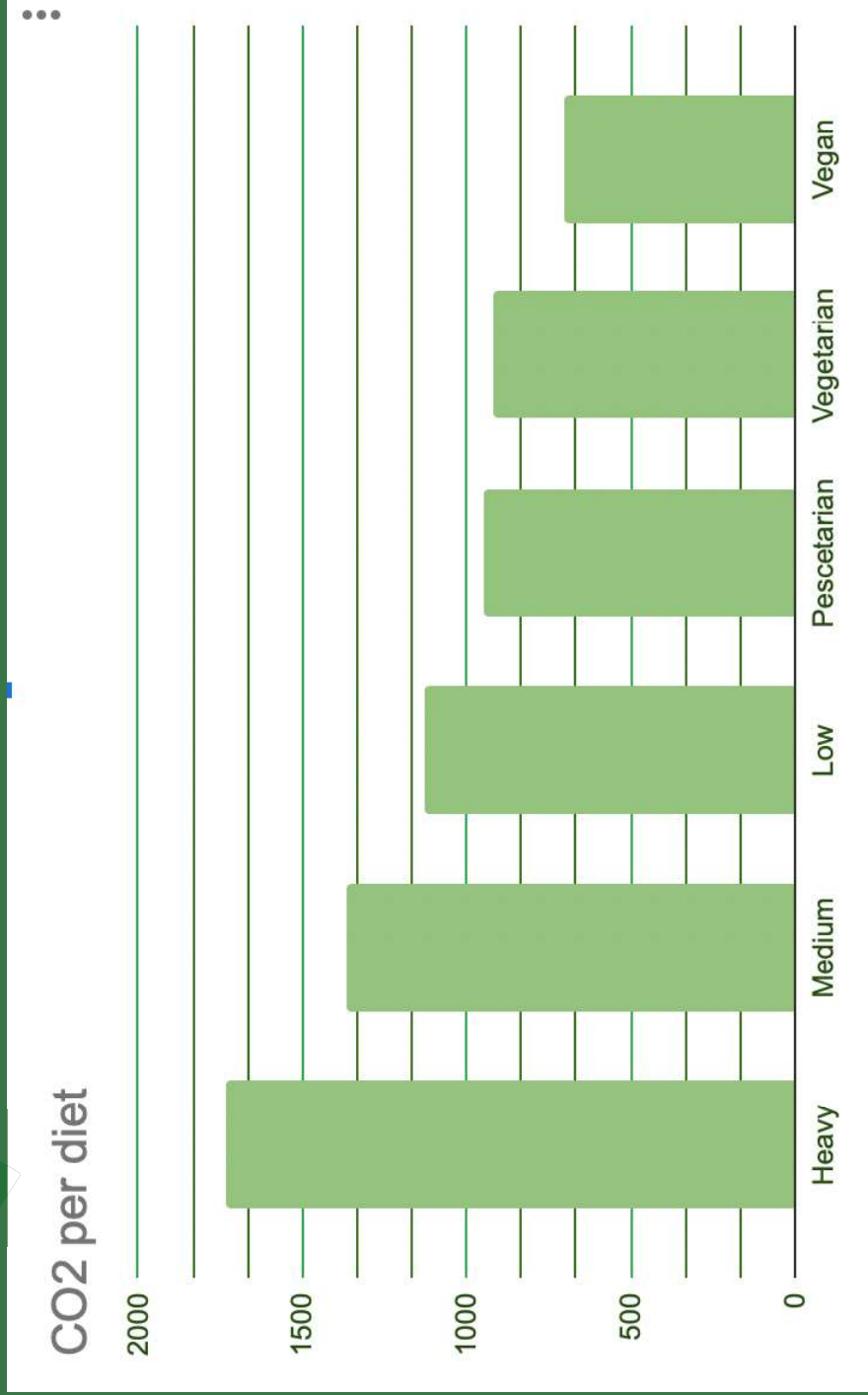
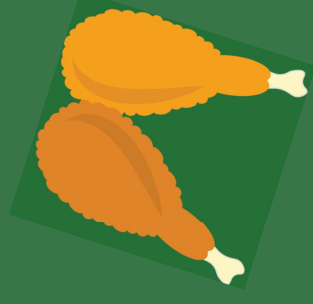


The food carbon footprint of our College

Want to crunch some numbers?

Have a look at this data!





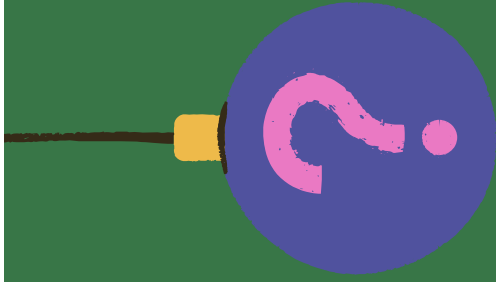


If every every heavy and medium meat eater became a low meat eater the emissions of the college would be reduced by 53 Metric tonnes CO2





That's the same as 670
Tijns!



What else would produce 53 metric tonnes of CO2?



12 cars driving for a year straight



6,447,060 Smartphones charged



Or driving around the globe 8 times!





Thank you!

Do you have any questions?

